



Acti Levain R

RECIPE IDEAS

Rye bread: a tasty bread with fibers

INGREDIENTS	QUANTITIES
White bread flour or type 65*	500 - 750 g
Rye flour*	250 - 500 g
Water (to adapt according to the flour)	650 - 730 g
Acti Levain R	150 g
AB Mauri Fresh yeast	2 g
Salt	18 g



*The sum of both flours must be 1000 g

PROCESS	
Base Temperature	64°C
Recommended dough temperature	23 - 24°C
Mixing (Spiral)	8 - 10 min 1 st speed and 4 - 5 min 2 nd speed
Bulk fermentation	60 min in a tray and reshape if needed then 12 to 24 hrs at 4°C
Division	350 - 1000 g
Shaping	Batard shape
Final Proof	60 - 90 min
Baking	Approximately 45 min at 265°C in a floor oven with dropping temperature



Tips: You can use a flour type 85 to 170 depending on how tasty you want your bread to be. Depending on the consistency of the dough, add some water at the beginning of the 2nd speed.
* The rye flour used must be 10% superior to the flour used.



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